SELF INSPECTION CHECK LISTS

These check lists are by no means all-inclusive. You should add to them or delete portions or items that do not apply to your operations; however, carefully consider each item as you come to it and then make your decision. You also will need to refer to OSHA standards for complete and specific standards that may apply to your work situation.
NOTE:
These check lists are typical for general industry but not for construction or maritime.
EMPLOYER POSTING
Is the required OSHA workplace poster displayed in a prominent location where all employees are likely to see it?
Are emergency telephone numbers posted where they can be readily found in case of emergency?
Where employees may be exposed to any toxic substances or harmful physical agents, has appropriate information concerning employee access to medical and exposure records and 'Material Safety Data Sheets" been posted or otherwise made readily available to affected employees?
Are signs concerning "Exiting from buildings," room capacities, floor loading, biohazards, exposures to x-ray, microwave

or other harmful radiation or substances posted where appropriate?

Do you have an active safety and health program in operation that deals with general safety and health program elements as well as the management of hazards specific to your worksite?
Is one person clearly responsible for the overall activities of the safety and health program?
Do you have a safety committee or group made up of management and labor representatives that meets regularly and report in writing on its activities?
Do you have a working procedure for handling in-house employee complaints regarding safety and health?
Are you keeping your employees advised of the successful effort and accomplishments you and/or your safety committee have made in assuring they will have a workplace that is safe and healthful?
Have you considered incentives for employees or workgroups who have excelled in reducing workplace injury/illnesses?
MEDICAL SERVICES AND FIRST AID
Is there a hospital, clinic, or infirmary for medical care in proximity of your workplace?

If medical and first-aid facilities are not in proximity of your workplace, is at least one employee on each shift currently qualified to render first aid?
Have all employees who are expected to respond to medical emergencies as part of their work.
(I) received first-aid training;
(2) had hepatitis B vaccination made available to them;
(3) had appropriate training on procedures to protect them from bloodbome pathogens, including universal precautions; and
(4) have available and understand how to use appropriate personal protective equipment to protect against exposure to bloodbome diseases?
Where employees have had an exposure incident involving bloodbome pathogens, did you provide an immediate post-exposure medical evaluation and followup?
Are medical personnel readily available for advice and consultation on matters of employees' health?
Are emergency phone numbers posted?
Are first-aid kits easily accessible to each work area, with necessary supplies available, periodically inspected and replenished as needed?

Have first-aid kit supplies been approved by a physician, indicating that they are adequate for a particular area or operation?
Are means provided for quick drenching or flushing of the eyes and body in areas where corrosive liquids or materials are handled?
Pursuant to an OSHA memorandum of July 1, 1992, employers who render first aid only as a collateral duty do not have to be offered pre-exposure Hepatitis B vaccine only if the employer puts the follow* requirements into his/her exposure control plan and implements them: (I) the employer must record all first-aid incidents involving the presence of blood or other potentially infectious materials before the end of the work shift during which the first-aid incident occurred; (2) the employer must comply with post-exposure evaluation, prophylaxis, and follow-up requirements of the standard with respect to "exposure incidents," as defined by the standard, (3) the employer must train designated first-aid providers about the reporting procedure; and (4) the employer must offer to initiate the hepatitis B vaccination series within 24 hours to all unvaccinated first-aid providers who have rendered assistance in any situation involving the presence of blood or other potentially infectious materials.
FIRE PROTECTION
Is your local fire department well acquainted with your facilities, its location and specific hazards?
If you have a fire alarm system, is it certified as required?
If you have a fire alarm system, is it tested at least annually?

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materials?
Are approved safety glasses required to be worn at all times in areas where there is a risk of eye injuries such as puncture abrasions, contusions or burns?
Are employees who need collective lenses (glasses or contacts) in working environments having harmful exposures, required to wear <i>only</i> approved safety glasses, protective goggles, or use other medically approved precautionary procedures?
Are protective gloves, aprons, shields, or other means provided and required where employees could be cut or where there is reasonably anticipated exposure to corrosive liquids, chemicals, blood, or other potentially infectious materials? See 29 CFR 1910.1030(b) for the definition of "other potentially infectious materials."
Are hard hats provided and worn where danger of falling objects exists?
Are hard hats inspected periodically for damage to the shell and suspension system?
Is appropriate foot protection required where there is the risk of foot injuries from hot, corrosive, poisonous substances, falling objects, crushing or penetrating actions?
Are approved respirators provided for regular or emergency use where needed?

Are all worksites clean, sanitary, and orderly?

Are all oil and gas fired devices equipped with flame failure controls that will prevent flow of fuel if pilots or main burners are not working?
Are paint spray booths, dip tanks, etc., cleaned regularly?
Are the minimum number of toilets and washing facilities provided?
Are all toilets and washing facilities clean and sanitary?
Are all work areas adequately illuminated?
Are pits and floor openings covered or otherwise guarded?
Have all confined spaces been evaluated for compliance with 29 CFR 1910.146?
WALKWAYS
Are aisles and passageways kept clear?

Are dock boards or bridge plates used when transferring materials between docks and trucks or rail cars?
EXITING OR EGRESS
Are all exits marked with an exit sign and illuminated by a reliable light source?
Are the directions to exits, when not immediately apparent, marked with visible signs?
Are doors, passageways or stairways, that are neither exits nor access to exits, and which could be mistaken for exits, appropriately marked "NOT AN EXIT," "TO BASEMENT STOREROOM," etc.?
Are exit signs provided with the word "EXIT" in lettering at least 5 inches (12.70 centimeters) high and the stroke of the lettering at least 1/2-inch (1.2700 centimeters) wide?
Are exit doors side-hinged?
Are all exits kept free of obstructions?
Are at least two means of egress provided from elevated platforms, pits or rooms where the absence of a second exit would

PORTABLE LADDERS

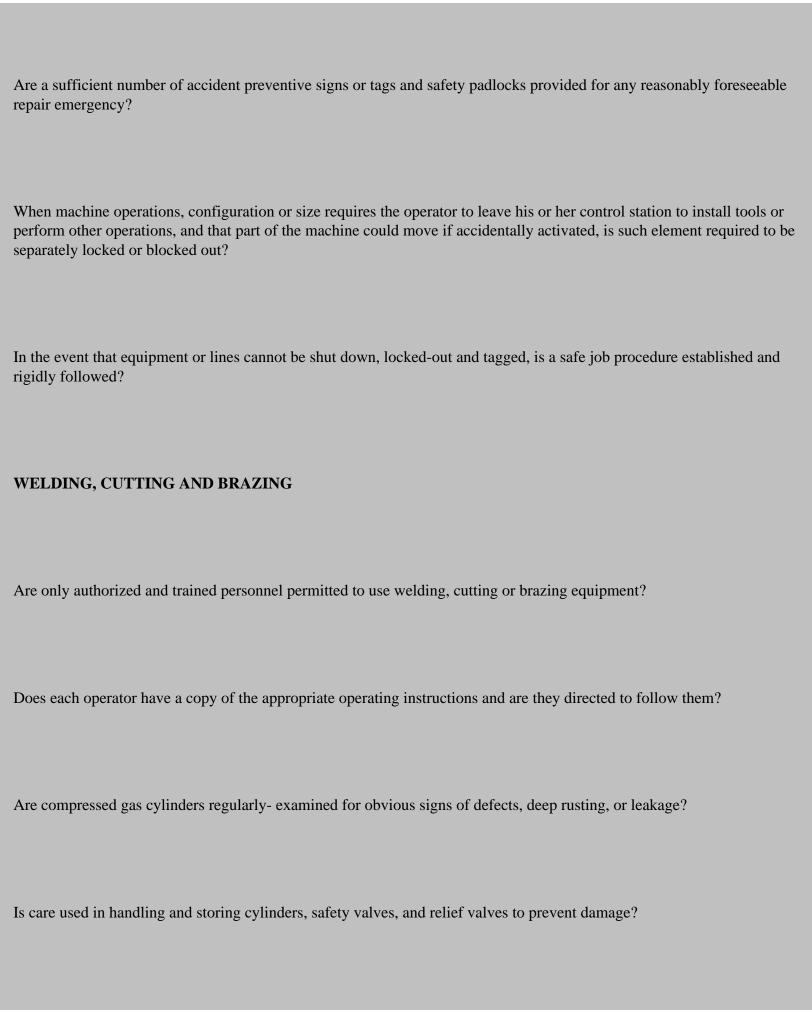
Are all ladders maintained in good condition, joints between steps and side rails tight, all hardware and fittings securely attached and moveable parts operating freely without binding or undue play?
Are non-slip safety feet provided on each ladder?
I Are non-slip safety feet provided on each metal or rang ladder?
Are ladder rungs and steps free of grease and oil?
Is it prohibited to place a ladder in front of doors opening toward the ladder except when the door is blocked open, locked or guarded?
Is it prohibited to place ladders on boxes, barrels, or other unstable bases to obtain additional height?
Are employees instructed to face the ladder when ascending or descending?
Are employees prohibited from using ladders that are broken, missing steps, rungs, or cleats, broken side rails or other faulty equipment?

HAND TOOLS AND EQUIPMENT

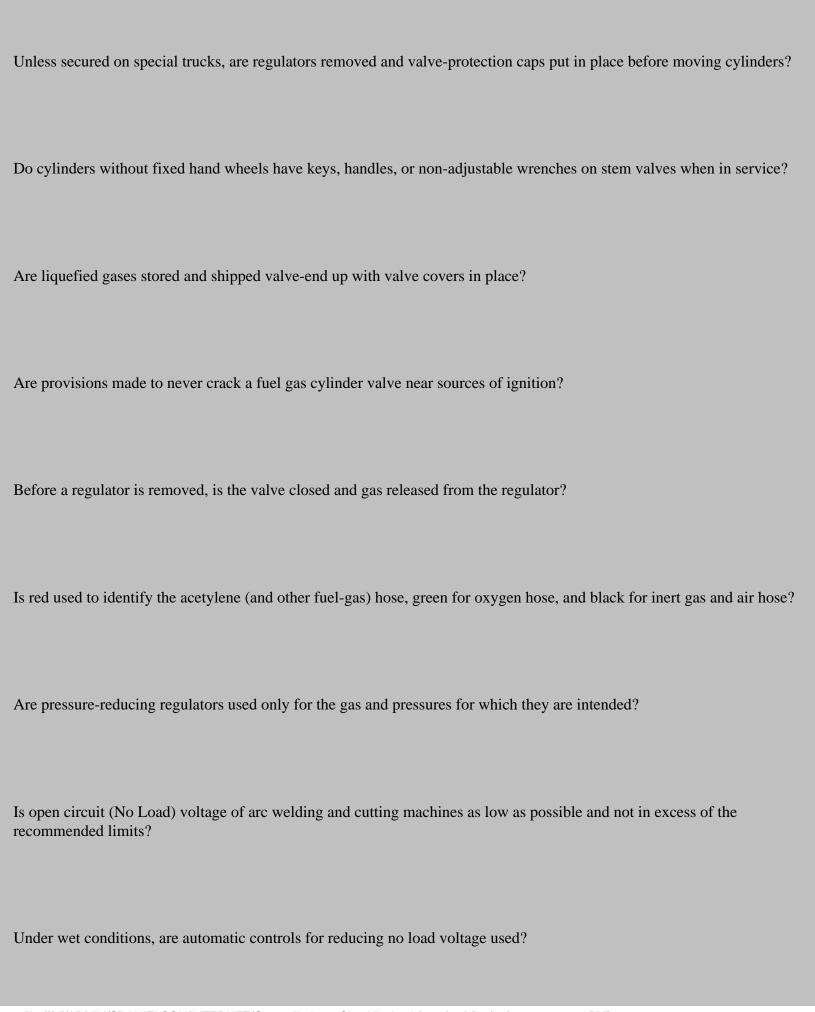
Are all tools and equipment (both company and employee owned) used by employees at their workplace in good condition?
Are hand tools such as chisels and punches, which develop mushroomed heads during use, reconditioned or replaced as necessary?
Are broken or fractured handles on hammers, axes and similar equipment replaced promptly?
Are worn or bent wrenches replaced regularly?
Are appropriate handles used on files and similar tools?
Are employees made aware of the hazards caused by faulty or improperly used hand tools?
Are appropriate safety glasses, face shields, etc. used while using hand tools or equipment which might produce flying materials or be subject to breakage?
Are jacks checked periodically to ensure they are in good operating condition?
Are employees made aware of the hazards caused by faulty or improperly used hand tools? Are appropriate safety glasses, face shields, etc. used while using hand tools or equipment which might produce flying materials or be subject to breakage?

Is there a power shut-off switch within reach of the operator's position at each machine?
Can electric power to each machine be locked out for maintenance, repair, or security?
Are the noncurrent-carrying metal parts of electrically operated machines bonded and grounded?
Are foot-operated switches guarded or arranged to prevent accidental actuation by personnel or falling objects?
Are manually operated valves and switches controlling the operation of equipment and machines clearly identified and readily accessible?
Are all emergency stop buttons colored red?
Are all pulleys and belts that are within 7 feet (2.1336 meters) of the floor or working level properly guarded?
Are all moving chains and gears properly guarded?

safeguards utilized to protect operators and other workers from eye and body injury?



Are precautions taken to prevent the mixture of air or oxygen with flammable gases, except at a burner or in a standard orch?
Are only approved apparatus (torches, regulators, pressure reducing valves, acetylene generators, manifolds) used?
Are cylinders kept away from sources of heat?
Are the cylinders kept away from elevators, stairs, or gangways?
s it prohibited to use cylinders as rollers or supports?
Are empty cylinders appropriately marked and their valves closed?
Are signs reading: DANGER-NO SMOKING, MATCHES, OR OPEN LIGHTS, or the equivalent, posted?
Are cylinders, cylinder valves, couplings, regulators, hoses, and apparatus kept free of oily or greasy substances?
s care taken not to drop or strike cylinders?



Is grounding of the machine frame and safety ground connections of portable machines checked periodically?
Are electrodes removed from the holders when not in use?
Is it required that electric power to the welder be shut off when no one is in attendance?
Is suitable fire extinguishing equipment available for immediate use?
Is the welder forbidden to coil or loop welding electrode cable around his body?
Are wet machines thoroughly dried and tested before being used?
Are work and electrode lead cables frequently inspected for wear and damage, and replaced when needed?
Do means for connecting cable lengths have adequate insulation?
When the object to be welded cannot be moved and fire hazards cannot be removed, are shields used to confine heat, sparks, and slag?

When working 'm confined places, are environmental monitoring tests taken and means provided for quick removal of welders in case of an emergency?
COMPRESSORS AND COMPRESSED AIR
Are compressors equipped with pressure relief valves, and pressure gauges?
Are compressor air intakes installed and equipped so as to ensure that only clean uncontaminated air enters the compressor?
Are air filters installed on the compressor intake?
Are compressors operated and lubricated in accordance with the manufacturer's recommendations?
Are safety devices on compressed air systems checked frequently?
Before any repair work is done on the pressure system of a compressor, is the pressure bled off and the system locked-out
Are signs posted to warn of the automatic starting feature of the compressors?

Is the inlet of air receivers and piping systems kept free of accumulated oil and carbonaceous materials?
COMPRESSED GAS CYLINDERS
Are cylinders with a water weight capacity over 30 pounds (13.5 kilograms), equipped with means for connecting a valve protector device, or with a collar or recess to protect the valve?
Are cylinders legibly marked to clearly identify the gas contained?
Are compressed gas cylinders stored in areas which are protected from external heat sources such as flame impingement intense radiant heat, electric arcs, or high temperature lines?
Are cylinders located or stored in areas where they will not be damaged by passing or falling objects or subject to tampering by unauthorized persons?
Are cylinders stored or transported in a manner to prevent them from creating a hazard by tipping, falling or rolling?
Are cylinders containing liquefied fuel gas, stored or transported in a position so that the safety relief device is always in direct contact with the vapor space in the cylinder?

Are the controls of hoist plainly marked to indicate the direction of travel or motion?
Is each cage-controlled hoist equipped with an effective warning device?
Are close-fitting guards or other suitable devices installed on hoist to assure hoist ropes will be maintained in the sheave groves?
Are all hoist chains or ropes of sufficient length to handle the full range of movement of the application while still maintaining two full wraps on the drum at all times?
Are nip points or contact points between hoist ropes and sheaves which are permanently located within 7 feet (2.1336 meters) of the floor, ground or working platform, guarded?
Is it prohibited to use chains or rope slings that are kinked or twisted?
Is it prohibited to use the hoist rope or chain wrapped around the load as a substitute, for a sling?
Is the operator instructed to avoid carrying loads over people?

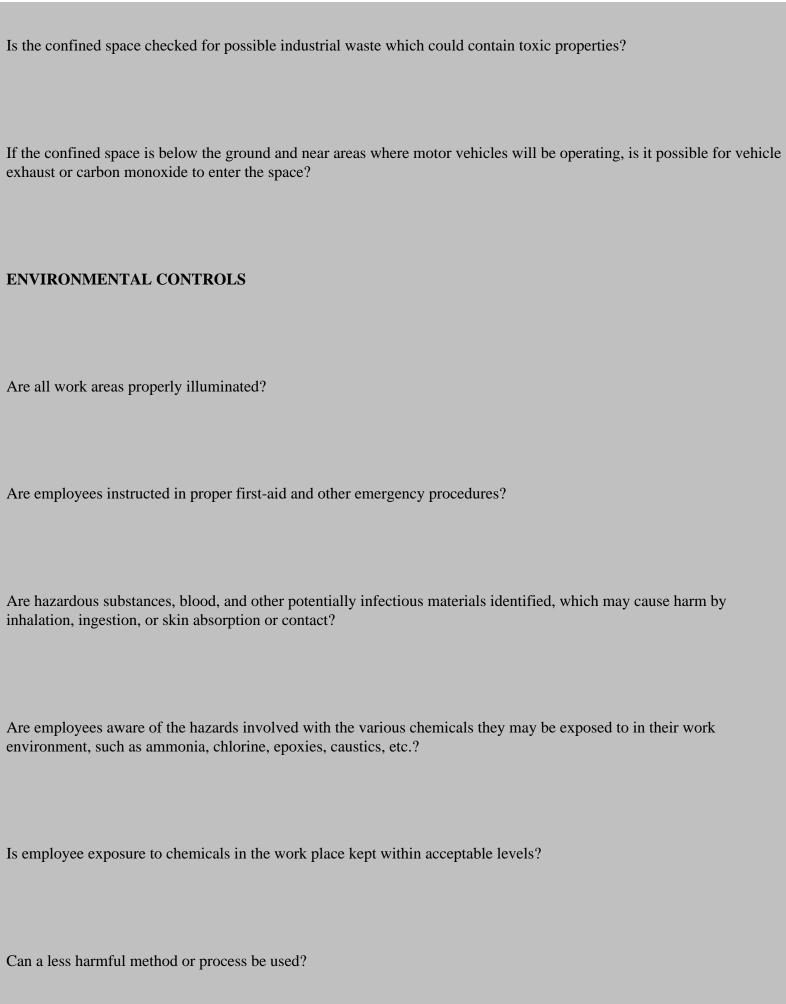
INDUSTRIAL TRUCKS FORKLIFTS

Are only employees who have been trained in the proper use of hoists allowed to operate them?
Are only trained personnel allowed to operate industrial trucks?
Is substantial overhead protective equipment provided on high lift rider equipment?
Are the required lift truck operating rules posted and enforced?
Is directional lighting provided on each industrial truck that operates in an area with less than 2 foot candles per square foot of general lighting?
Does each industrial truck have a warning horn, whistle, gong, or other device which can be clearly heard above the normal noise in the areas where operated?
Are the brakes on each industrial truck capable of bringing the vehicle to a complete and safe stop when fully loaded?
Will the indus trucks' parking brake effectively prevent the vehicle from moving when unattended?

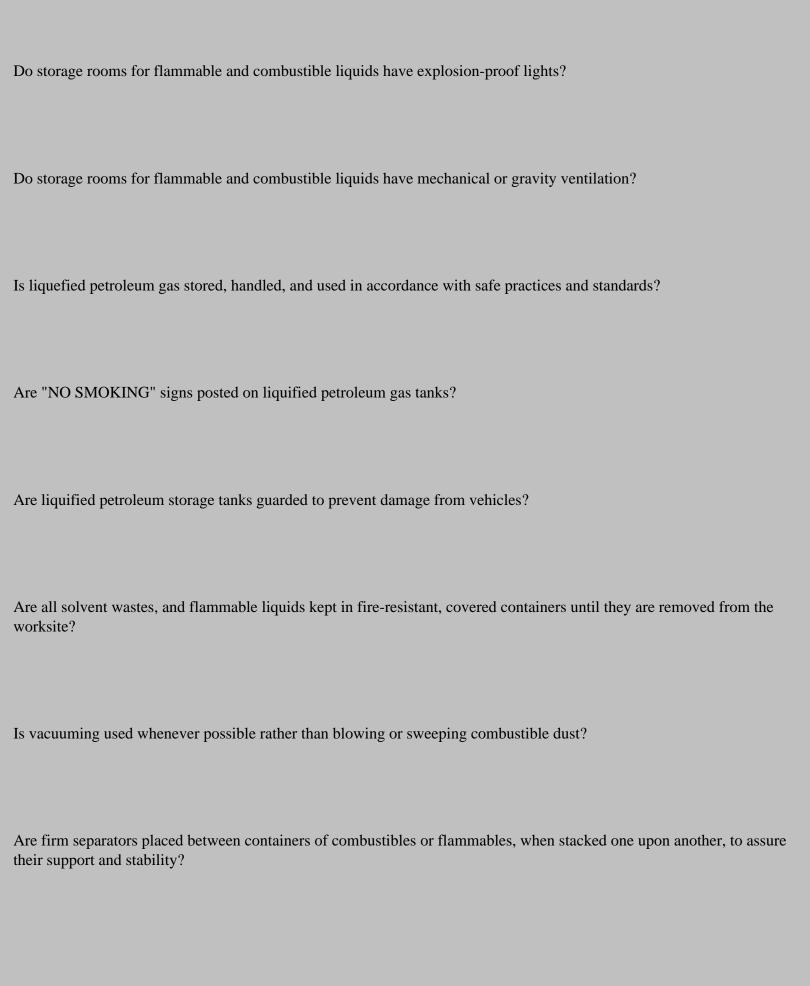
Are industrial trucks operating in areas where flammable gases or vapors, or combustible dust or ignitable fibers may be present in the atmosphere, approved for such locations?
Are motorized hand and hand/rider trucks so designed that the brakes are applied, and power to the drive motor shuts off when the operator releases his or her grip on the device that controls the travel?
Are industrial trucks with internal combustion engine, operated in buildings or enclosed areas, carefully checked to ensur such operations do not cause harmful concentration of dangerous gases or fumes?
Are powered industrial trucks being safely operated?
SPRAYING OPERATIONS
Is adequate ventilation assured before spray operations are started?
Is mechanical ventilation provided when spraying operations are done in enclosed areas?
When mechanical ventilation is provided during spraying operations, is it so arranged that it will not circulate the contaminated air?

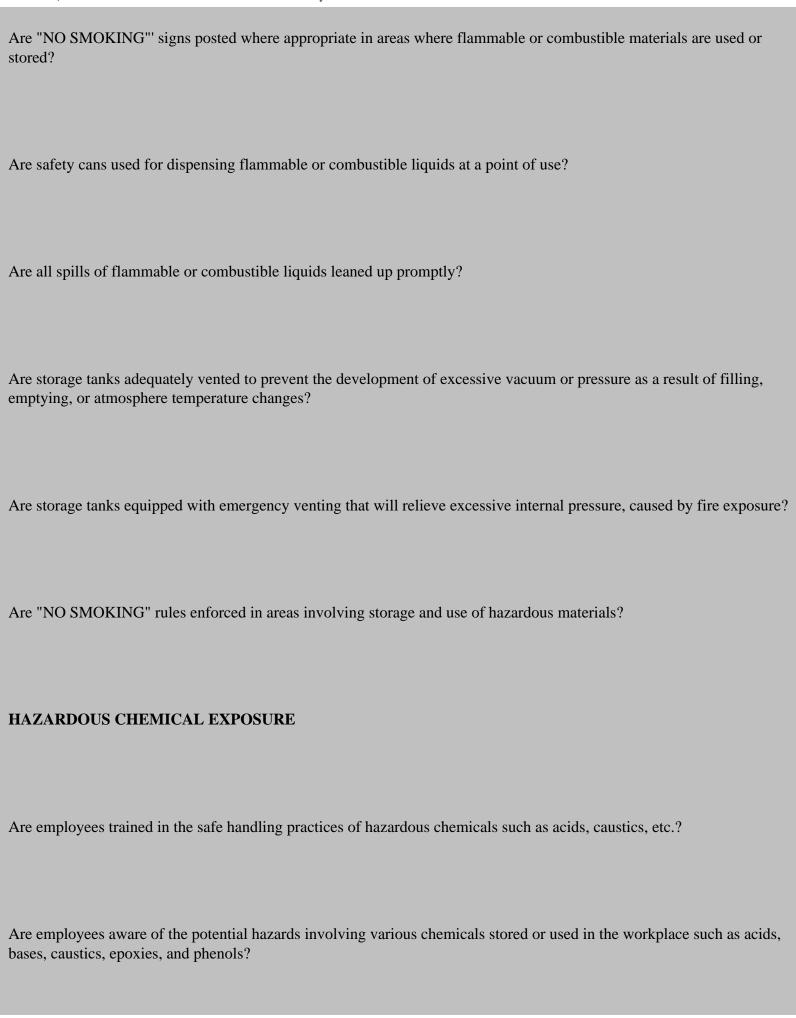
ENTERING CONFINED SPACES

Are confined spaces thoroughly emptied of any corrosive or hazardous substances, such as acids or caustics, before entry?
Are all lines to a confined space, containing inert, toxic, flammable, or corrosive materials valved off and blanked or disconnected and separated before entry?
Are all impellers, agitators, or other moving parts and equipment inside confined spaces locked-out if they present a hazard?
Is either natural or mechanical ventilation provided prior to confined space entry?
Are appropriate atmospheric tests performed to check for oxygen deficiency, toxic substances and explosive concentrations in the confined space before entry?
Is adequate illumination provided for the work to be performed in the confined space?
Is the atmosphere inside the confined space frequently tested or continuously monitored during conduct of work?
Is there an assigned safety standby employee outside of the confined space, when required, whose sole responsibility is to watch the work 'm progress, sound an alarm if necessary, and render assistance?



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pathogens)?
Are wet methods used, when practicable, to prevent the emission of airborne asbestos fibers, silica dust and similar hazardous materials?
Are engineering controls examined and maintained or replaced on a scheduled basis?
Is vacuuming with appropriate equipment used whenever possible rather than blowing or sweeping dust?
Are grinders, saws, and other machines that produce respirable dusts vented to an industrial collector or central exhaust system?
Are all local exhaust ventilation systems designed and operating properly such as air flow and volume necessary for the application, ducts not plugged or belts slipping?
Is personal protective equipment provided, used and maintained wherever required?
Are there written standard operating procedures for the selection and use of respirators where needed?
Are restrooms and washrooms kept clean and sanitary?





Is employee exposure to chemicals kept within acceptable levels?
Are eye wash fountains and safety showers provided in areas where corrosive chemicals are handled?
Are all containers, such as vats, and storage tanks labeled as to their contents, e.g., "CAUSTICS"?
Are all employees required to use personal protective clothes and equipment when handling chemicals (gloves, eye protection, and respirators)?
Are flammable or toxic chemicals kept in closed containers when not in use?
Are chemical piping systems clearly marked as to their content?
Where corrosive liquids are frequently handled in open containers or drawn from storage vessels or pipe lines, are adequate means readily available for neutralizing or disposing of spills or overflows and performed properly and safely
Have standard operating procedures been established, and are they being followed when cleaning up chemical spills?
Where needed for emergency use, are respirators stored in a convenient, clean, and sanitary location?

Are respirators intended for emergency use adequate for the various uses for which they may be needed?
Are employees prohibited from eating in areas where hazardous chemicals are present?
Is personal protective equipment provided, used and maintained whenever necessary?
Are there written standard operating procedures for the selection and use of respirators where needed?
If you have a respirator protection program, are your employees instructed on the correct usage and limitations of the respirators? Are the respirators NIOSH-approved for this particular application? Are they regularly inspected and cleaned, sanitized and maintained?
If hazardous substances are used in your processes, do you have a medical or biological monitoring system in operation?
Are you familiar with the Threshold Limit Values or Permissible Exposure Limits of airborne contaminants and physical agents used in your workplace?
Have control procedures been instituted for hazardous materials, where appropriate, such as respirators, ventilation systems, and handling practices?

Are materials which give off toxic asphyxiant suffocating or anesthetic fumes, stored in remote or isolated locations when

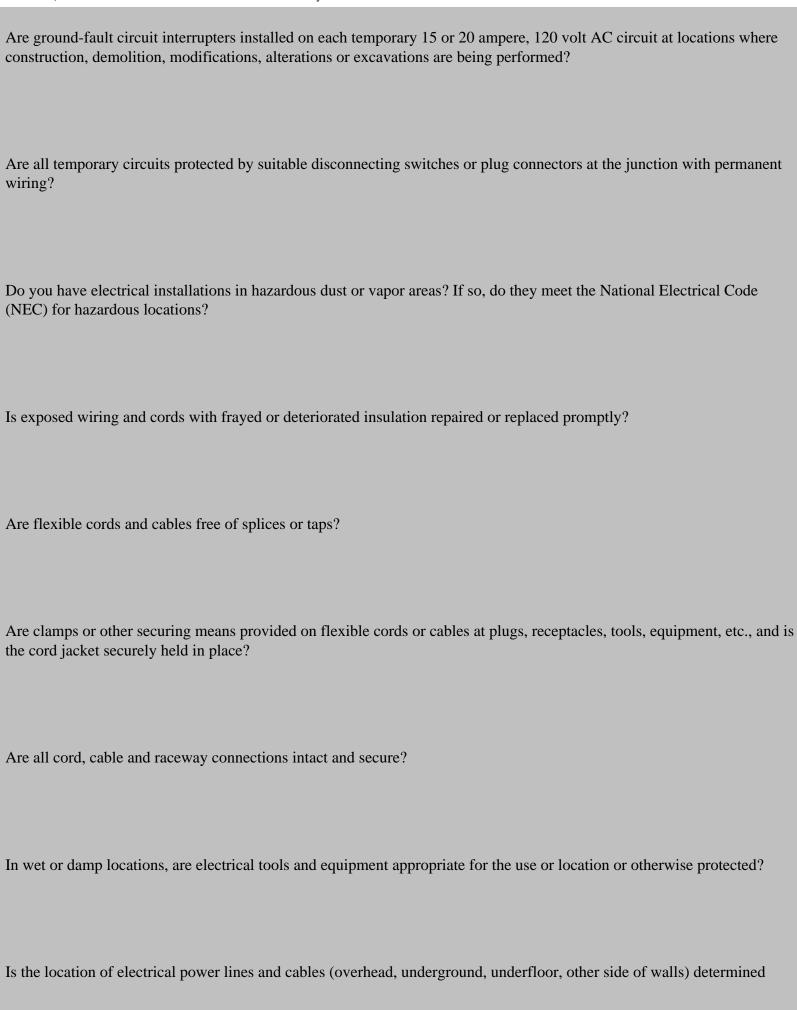
not in use?

HAZARDOUS SUBSTANCES COMMUNICATION
Is there a list of hazardous substances used in your workplace?
Is there a current written exposure control plan for occupational exposure to bloodborne pathogens and other potentiall infectious materials, where applicable?
Is there a hazard communication program dealing with Material Safety Data Sheets (MSDS), labeling, and employee training?
Is each container for a hazardous substance (i.e., vats, bottles, storage tanks, etc.) labeled with product identity and a hazard warning (communication of the specific health hazards and physical hazards)?
Is there a Material Safety Data Sheet readily available for each hazardous substance used?
Is there an employee training program for hazardous substances?
Does this program include:

An explanation of what an MSDS is and how to use and obtain one?
MSDS contents for each hazardous substance or class of substances? Explanation of "Right to Know?"
Identification of where an employee can see the employers written hazard communication program and where hazardou substances are present in their work areas?
The physical and health <u>hazards</u> of substances in the work area, and specific protective measures to be used?
Details of the hazard communication program, including how to use the labeling system and MSDS's?
Does the employee training program on the bloodborne pathogens standard contain the following elements:
(1) an accessible copy of the standard and an explanation of its contents;
(2) a general explanation of the epidemiology and symptoms of bloodborne diseases;
(3) an explanation of the modes of transmission of bloodborne pathogens;
(4) an explanation of the employer's exposure control plan and the means by which employees can obtain a copy of the written plan;
(5) an explanation of the appropriate methods for recognizing tasks and the other activities that may involve exposure to blood and other potentially infectious materials,

(6) an explanation of the use and limitations of methods that will prevent or reduce exposure including appropriate engineering controls, work practices, and personal protective equipment;
(7) information on the types, proper use, location, removal, handling, decontamination, and disposal of personal protective equipment;
(8) an explanation of the basis for selection of personal protective equipment;
(9) information on the hepatitis B vaccine;
(10) information on the appropriate actions to take and persons to contact in an emergency involving blood or other potentially infectious materials;
(11) an explanation of the procedure to follow if an exposure incident occurs, including the methods of reporting the incident and the medical follow-up that will be made available;
(12) information on post-exposure evaluations and follow-up; and
(13) an explanation of signs, labels, and color coding?
Are employees trained in the following:
How to recognize tasks that might result in occupational exposure?
How to use work practice and engineering controls and personal protective equipment and to know their limitations?
How to obtain information on the types, selection, proper use, location, removal, handling, decontamination, and disposal of personal protective equipment?
Who to contact and what to do in an emergency?

ELECTRICAL
Do you specify compliance with OSHA for all contract electrical work?
Are all employees required to report as soon as practicable any obvious hazard to life or property observed in connection with electrical equipment or lines?
Are employees instructed to make preliminary inspections and/or appropriate tests to determine what conditions exist before starting work on electrical equipment or lines?
When electrical equipment or lines are to be serviced, maintained or adjusted, are necessary switches opened, locked-ou and tagged whenever possible?
Are portable electrical tools and equipment grounded or of the double insulated type?
Are electrical appliances such as vacuum cleaners, polishers, and vending machines grounded?
Do extension cords being used have a grounding conductor? Are multiple plug adaptors prohibited?



Are all unused openings (including conduit knockouts) in electrical enclosures and fittings closed with appropriate covers plugs or plates?
Are electrical enclosures such as switches, receptacles, and junction boxes, provided with tightfitting covers or plates?
Are disconnecting switches for electrical motors in excess of two horsepower, capable of opening the circuit when the motor is in a stalled condition, without exploding? (Switches must be horsepower rated equal to or in excess of the motor hp rating.)
Is low voltage protection provided in the control device of motors driving machines or equipment which could cause probable injury from inadvertent starting?
Is each motor disconnecting switch or circuit breaker located within sight of the motor control device?
Is each motor located within sight of its controller or the controller disconnecting means capable of being locked in the open position or is a separate disconnecting means installed in the circuit within sight of the motor?
Is the controller for each motor in excess of two horsepower, rated in horsepower equal to or in excess of the rating of the motor it serves?
Are employees who regularly work on or around energized electrical equipment or lines instructed in the cardiopulmonar resuscitation (CPR) methods?

When seven or more employees are regularly transported in a van, bus or truck, is the operator's license appropriate for the class of vehicle being driven?
Is each van, bus or truck used regularly to transport employees -equipped with an adequate number of seats?
When employees are transported by truck, are provisions provided to prevent their failing from the vehicle?
Are vehicles used to transport employees equipped with lamps, brakes, horns, mirrors, windshields and turn signals and are they in good repair?
Are transport vehicles provided with handrails, steps, stirrups or similar devices, so placed and arranged that employees can safely mount or dismount?
Are employee transport vehicles equipped at all times with at least two reflective type flares?
Is a full charged fire extinguisher, in good condition, with at least 4 B:C rating maintained in each employee transport vehicle?
When cutting tools or tools with sharp edges are carried in passenger compartments of employee transport vehicles, are they placed in closed boxes or containers which are secured in place?

Are employees prohibited from riding on top of any load which can shirk topple, or otherwise become unstable?
CONTROL OF HARMFUL SUBSTANCES BY VENTILATION
Is the volume and velocity of air in each exhaust system sufficient to gather the dusts, fumes, mists, vapors or gases to be controlled, and to convey them to a suitable point of disposal?
Are exhaust inlets, ducts and plenums designed, constructed, and supported to prevent collapse or failure of any part of th system?
Are clean-out ports or doors provided at intervals not to exceed 12 feet (3.6576 meters) in all horizontal runs of exhaust ducts?
Where two or more different type of operations are being controlled through the same exhaust system, will the combination of substances being controlled, constitute a fire, explosion or chemical reaction hazard in the duct?
Is adequate makeup air provided to areas where exhaust systems are operating?
Is the source point for makeup air located so that only clean, fresh air, which is free of contaminates, will enter the work environment?

Where two or more ventilation systems are serving a work area, is their operation such that one will not offset the functions of the other?
SANITIZING EQUIPMENT AND CLOTHING
Is personal protective clothing or equipment that employees are required to wear or use, of a type capable of being cleane easily and. disinfected?
Are employees prohibited from interchanging personal protective clothing or equipment, unless it has been property cleaned?
Are machines and equipment, which process, handle or apply materials that could be injurious to employees, cleaned and/or decontaminated before being overhauled or placed in storage?
Are employees prohibited from smoking or eating in any area where contaminates that could be injurious if ingested are present?
When employees are required to change from street clothing into protective clothing, is a clean change room with separat storage facility for street and protective clothing provided?
Are employees required to shower and wash their hair as soon as possible after a known contact has occurred with a carcinogen?

